

# Meet Etiquette

## Gymnast

As with any event, there are rules set forth to make the event run as smoothly and safely as possible please see the list below for the proper gymnast behavior guidelines for gymnastics meets. Failure to follow these rules can lead to a gymnast being disqualified from the meet.

During a meet gymnasts are expected to:

1. Eat a good meal before the meet. Your body needs fuel to perform at it's best!
2. Be dressed in your leotard and warm ups with your hair pulled back and be ready for warm ups 15 minutes before General Warm Ups begin.
3. Have all of your personal equipment (grips and wrist bands, extra hair ties, water bottle) in your gym bag.
4. Walk in with a positive attitude ready to compete.
5. Give your best effort and accept both success and failure gracefully. Crying is NOT allowed at gymnastics meets, it is a distraction that can lead to injury.
6. Stay with your team & coaches, in the competition area, at all times.
7. Show good sportsmanship by watching, encouraging, & respecting your teammates as well as other competitors.
8. Pay attention to the meet progression. Know when it is your turn.
9. Respect the other gyms and their equipment.
- 10. HAVE FUN!**



# Gymnastics Employee Handbook

**L Darling-Hammond**



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